

University of Alaska FY2016 Healthyroads Wellness Calendar

Month	What's Going On?	Dates & Add. Info.
August, 2015	Healthyroads Website Goes LIVE	August 1 st Check-out the new program year by logging-in to your Healthyroads account!
	Walk Alaska Challenge	Enrollment: August 1-December 31 Challenge Dates: October 25, 2015-- March 26, 2016 Last Day to Enter Results: April 2 nd , 2016 Reward: 1 incentive point Log-In to your Healthyroads account and go to "Challenges" tab to enroll!
	National Immunization Month	Check your email for more information or go to Healthyroads to read more. ('Health Resources' tab and then, 'Health Information', 'Health Conditions' and then select 'Immunization Center')
	Local Wellness Events	<p>Anchorage: Muldoon Farmer's Market Yoga in the Park Alaska 10k Classic Big Wild Life Runs Sports & Fitness Expo</p> <p>Fairbanks: Alaska International Senior Games Tanana Valley Farmer's Market Yoga in the Park Musk Ox Run Chena Hot Springs Run & Soak</p> <p>Juneau: Yoga in the Park Every Mile is Worth It Nifty 50</p> <p>Other: 5k Wildlife Rescue Run</p>

September, 2015	Understand the Incentive Design to Earn your '16-'17 Reward	<p>What: Presentation provided by UofAs Healthyroads program manager Sara R. detailing the FY16 wellness program information and requirements.</p> <p>When: TBD</p> <p>Where: TBD</p>
	On-Site Education: Stress Management	<p>What: Education session focusing on stress management provided by UofAs Healthyroads program manager, Sara R.</p> <p>When: TBD</p> <p>Where: TBD</p> <p>Reward: 1 Incentive point</p>
	National Prostate Cancer Month	<p>Check your email for more information or go to Healthyroads to read more. ('Health Resources' tab and then, 'Health Information', 'Wellness Centers' and then 'Men's Health')</p>
	Local Wellness Events	<p>Anchorage:</p> <p>Alyeska Climbathon</p> <p>Anchorage Farmer's Market</p> <p>Guided Nature Walks</p> <p>Mountain Bike Festival</p> <p>Providence Free Immunization Clinic</p> <p>Fairbanks:</p> <p>Equinox Marathon</p> <p>Troth Yeddha Run for the Park</p> <p>Juneau:</p> <p>Color Dash Color Run</p> <p>Pavitt Health and Fitness 5k and 1 mi.</p>
October, 2015	Building Blocks to Better Health Challenge	<p>Enrollment: September 27-October 3</p> <p>Challenge Dates: Oct. 4 –Oct. 31</p> <p>Last Day to Enter Results: November 7</p> <p>Reward: 1 Incentive Point</p> <p>Log-In to your Healthyroads account and go to "Challenges" tab to enroll!</p>
	Breast Cancer Awareness Month	<p>Check your email for more information or go to Healthyroads to read more. ('Health Resources' tab and then, 'Health Information', 'Wellness Centers' and then 'Women's Health')</p>

	Local Wellness Events	<p>Anchorage: Providence Free Immunization Clinic Skinny Raven Frightening 4k</p> <p>Fairbanks: It Ain't Easy Hill Run Halloween Family Run</p>
November, 2015	On-Site Education: Fitting Physical Activity Into a Busy Schedule	<p>What: Education session that discusses how to make exercise work for you. Provided by UofAs Healthyroads program manager, Sara R. When: TBD Where: TBD Reward: 1 Incentive Point</p>
	Maintain without Gain Challenge	<p>Enrollment: November 15-21 Challenge Dates: Nov. 22-Jan. 2 Last Day to Enter Results: January 9 Reward: 1 incentive point Log-In to your Healthyroads account and go to "Challenges" tab to enroll!</p>
	Great American Smoke Out	<p>UofA has committed to going smoke-free in 2015—have you? For more information check out the tobacco cessation page on Healthyroads ('Health Resources' tab and then, 'Health Information', 'Health Conditions' and then select 'Smoking Center')</p>
	National Diabetes Awareness Month	<p>Go to Healthyroads for additional information and resources ('Health Resources' tab and then, 'Health Conditions' and 'Diabetes Center')</p>
	Local Wellness Events	<p>Anchorage: Skinny Raven Turkey Trot Providence Free Immunization Clinic</p> <p>Fairbanks: Cache Creek Warm-Up RCN Turkey Trot</p> <p>Juneau: Veteran's Day Run Thanksgiving Day Turkey Trot</p>

December, 2015	<p>Keep-up the 'healthy' work!! The Walk Alaska Challenge and the Time to Move Challenge are still going on—keep committed over the Holidays with tips from Healthyroads. Log your progress by going to the 'Challenges' tab on Healthyroads.</p>	
	<p>Happy Holidays and a Have a Healthy, Happy, New Year!!</p>	
	Local Wellness Events	<p>Fairbanks: Heart of Darkness Snowshoe Race Solstice Snowshoe Shuffle George Bloom Memorial Midday Sun Fun Run</p>
January, 2016	Half-way through the program year—Have you checked your Healthyroads account yet?	<p>What: Wellness program overview provided by UAs Healthyroads program manager-Sara R. When: TBD Where: TBD</p>
	On-Site Biometric Events Coming-Up!!	<p>Go to: www.alaska.edu/benefits/wellness for locations, dates, and more details</p>
	Local Wellness Events	<p>Fairbanks: Fahrenheit Be Darned Winter Training Runs</p>
February, 2016	On-Site Education: Stress and Emotional Eating	<p>What: Education presentation detailing how poor stress management can affect your weight maintenance goals. Provided by UofAs Healthyroads program manager, Sara R. When: TBD Where: TBD Reward: 1 incentive point</p>
	On-Site Biometric Screenings	<p>Go to: www.alaska.edu/benefits/wellness for locations, dates, and more details</p>
	American Heart Month	<p>Check your email for more information or go to the Healthyroads to read more. ('Health Resources' tab and then 'Health Information', 'Health Conditions' and then select 'Heart</p>

		Disease Center')
	Local Wellness Events	
March, 2016	Sleep/Stress Challenge	Enrollment: TBD Challenge Dates: TBD Last Day to Enter Results: TBD Reward: 1 Incentive point Log-In to your Healthyroads account and go to "Challenges' tab to enroll!
	Colorectal Cancer Awareness Month	Check your email for more information or go to the Healthyroads site to read more. ('Health Resources' tab and then 'Health Information', 'Health Conditions' and then select 'Colorectal Cancer Center')
	Local Wellness Events	
April, 2016	On-Site Education: Do you still have items to complete?	What: Presentation provided by UAs Healthyroads program manager, Sara R. detailing the program requirements, how to check where you stand and what options you have left still to receive the rebate in FY17. When: TBD Where: TBD Reward: 1 Incentive Point
	Last Day of FY 16 Wellness Program!	April 30 th
	Local Wellness Events	